

**DO YOU NEED EXERCISE,  
BUT UNABLE TO DO THE  
TRADITIONAL TYPE? JOIN US AT  
ROBICHAUX RECREATION  
CENTER/CHRIS POOL FOR WATER  
AEROBICS**

Water aerobics remove the pressure from joints and makes moving easier & reduces the fear of injuries from falling

**WHEN:** Tuesday/Thursday

Starting March 6, 2012

2:30-3:00pm

\*each session is limited to 20 participants

**Where:** Robichaux Recreation Center/Chris Pool  
1919 Eraste Landry Rd, Lafayette 70506

**Who:** Adults 50yrs & older or with special needs or disabilities who can participate independently

**COST:** Free

This program is presented by the Therapeutic Recreation Division of  
Lafayette Parks & Recreation

For additional information:

Contact Denise Ferguson

291-8127